

“Rules of the Road”

1. Members must be over the age of 18 to use the equipment.
2. Members must present a NASA badge and valid membership card to use the Fitness Center.
3. All members must undergo an equipment orientation prior to using the exercise equipment.
4. No smoking.
5. No food/drink (water bottles only).
6. Appropriate exercise attire should be worn in the Fitness Center (shorts, t-shirt, sweats, socks, shoes).
7. Provide your own towel for personal use.
8. Please wipe off equipment after use.
9. Return weights to proper racks after use.
10. Be courteous and yield right of way when using the circuit training equipment.
11. Report equipment problems to staff.
12. There is a 20-minute time limit on all cardio equipment.